

ADMINISTRATION ON AGING

Evidence-Based Disease Prevention – Physical Activity

Organization Name: City of LA Department of Aging (DOA)

Project Title: Increasing Physical Activity Among Sedentary Older Adults in Los Angeles

Total Project Period: 9/30/2003 TO 09/29/2006

FY 2003 Award Amount: \$125,000

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Model:

The proposed intervention is based on the OASIS HealthStages community-based health education program. The program emphasizes healthy aging by helping participants set personal goals and develop self-management skills.

Project's Overall Design:

The goal of this project is to increase physical activity among sedentary older adults over three years. The project will recruit older adults that are at risk and encourage them to incorporate physical activity into their lives.

Partnerships:

- The City of LA Department of Aging (DOA) is the Area Agency on Aging (AAA).
- Delta Sigma Theta Center for Life Development and Jewish Family Services of Los Angeles are the Community Aging Service Providers (CASP),
- Tenet California, as the health provider organization, will ensure the quality and appropriateness of the health components of the program and assist in coordinating service provisions between its hospitals and project partners.
- Saint Louis University will be the research organization. Saint Louis University is a CDC funded Prevention Research Center and will assist with applying evidence-based disease prevention research into the program design and implementation.
- The OASIS Institute, an organization with a history of developing and disseminating curriculum-based programs for older adults, will be responsible for project implementation.

Target Population:

The target population is sedentary older adults in the Los Angeles area who are serviced by the OASIS center and two nutrition centers. The OASIS centers currently serve 22,400 seniors; a population that is 47% African American, 48% Caucasian, 1% Hispanic, 3% Asian, and 1% other. Approximately 69% are widowed, single, or divorced. Nearly 45% have annual household incomes under \$30,000. Of the two nutrition centers, one serves a population that is 33% African American, 27% Hispanic, 21% Caucasian, and 19% other. The second center services a population made up of 91% Caucasian (primarily Russian speaking), 4% African American, and 5% other.

Anticipated Outcomes:

- Increase the number of older adults who indicate an intention to make changes related to their health or physical conditions to help reduce their risk of falling
- Increase the number of older adults who are suffering from chronic conditions and have indicated an intention to increase physical activity in order to help control and/or manage their condition
- Increase fitness levels in older adults participating in exercise classes
- Increase the number of minutes per week that older adults are engaged in physical activity
- Increase awareness of community services to support physical activity
- Increase the number of daily steps obtained by participants
- Increase confidence levels (self-efficacy) of older adults to increase physical activity
- Increase the number of older adults that are in the “Action” or “Maintenance” physical activity stages as outlined in the Transtheoretical Model.